

SENIOR CENTER

PARK CITY

KANSAS

6100 N.

HYDRAULIC

M-F 8:30AM—
4:30PM

Activities at the Park City Senior Center are available to anyone 55 years and older. No membership fee is required to participate in activities. The operation of the building is supported and funded by the City of Park City and Monies from Sedgwick County Mill Levy. For information on events, programs, activities or needed services, contact the Park City Senior Center Director at 316-744-1199.

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The Senior Scoop

NOVEMBER 2023

From the Director's Desk...

Hello Everyone!

I'm getting so many fabulous recommendations for outings and trips everyone wants to take now that we have our new van! The only trouble is that I can't remember them all! Beginning in November I will be placing a white board and markers in our lobby on which you can write your recommendation when you are at the senior center. This way I will have record of it and

everyone will be able to participate!

It's November so I would again like to share what I am thankful for this year:

- My big brother who always looks out for me
- All the really tasty restaurants the Wichita area has :)
- The senior center and all the crazy fun people I get to see every day!

So thank you all for being such a huge part of my life. I hope you all have a fantastic Thanksgiving and take a moment to really appreciate all the good this world has to offer.

See you
at the
center!

-Madison



Madison Shriner, Director
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Email: mshriner@parkcityks.gov

Chisholm Trail Seniors

The Chisholm Trail Seniors, Inc. is a club for seniors 55+. They, along with their governing board, work to improve the well-being of Park City seniors and the community they live in. \$5 annual dues are required for membership to this group. For more information please contact President Larry Cross at 316-260-4282. Each month the club hosts a meeting, program, and catered meal at the Park City Senior Center and all are welcome!

- **Oct 30th—Board Meeting 10:00 am**
- **Nov 1st—Meeting and Catered Lunch 10:30 am**

Program: Music by LV Smith

****Meal catered by Cheaper by the Dozen.
\$12 per person. Please RSVP by the Friday
before****

Ongoing Programs...

Well-REP

**Tuesdays & Thursdays
9:30 AM**

WSU Exercise Science Students instruct this chair exercise class incorporating strength, flexibility, and balance training.

Line Dancing

Wednesdays 2:30PM

Group line dancing for an easy, fun, & healthy time!

Foot/Nail Care

2nd Wednesday with Michelle Steinke—Call 946 -0722

Every 9 weeks with Her-mes Healthcare—Call 260-4110

Video Exercise

Mondays & Wednesdays 9:30AM

Group exercise to a video workout series. All are welcome.

Square Dance Thursdays 7PM

Advanced square dance group. Please call Tammy at 371-3991 for more info!

Game Groups

Pitch—Mondays 1 PM

Bridge—Tuesdays 1 PM

Pinochle—Fridays &

Saturdays 1 PM

Mah Jong—Tuesdays & Thursdays 10:30 AM

“Traditional” Game

Day—Fridays 1:00 PM

Chair Yoga

Fridays 9:30 am

Instructed by certified yoga instructor Marianna Evans.

Plus... a variety of other programs including Wii-Bowling, billiards, dance aerobics, TOPS (Call Monty at 755-1055), and round dance (Call Diane at 522-2315).

****Please check calendar insert for accurate dates and times****

Special Programs & Events...

Wild Lights at the Sedgwick County Zoo

Thursday, November 16th 5:30—8:00 pm

Join us on an outing to the Sedgwick County Zoo to see the one-of-a-kind Asian Lantern sculptures of Wild Lights on display and lit up! The is a fun new way to see the zoo! Price is \$15 per person and includes your ticket and transportation. Please call 744-1199 to reserve your spot and pay by Monday, November 13th (no refunds after this date). Food will be available for purchase and electric wheelchairs will be available for rent.

Ceramic Painting at The Phoenix Originals

Monday, November 20th 10:00 am—2:00 pm

We're going to The Phoenix Originals studio in Newton to paint a ceramic project! Choice of project includes mugs, light up Christmas trees, various figurines, flower pots, and more! You choose your item, paint it, and it will be fired at the studio and delivered back to the center. Projects range from \$10-\$30. After we will be going to the Breadbasket for lunch! (price around \$12) Sign up by calling 744-1199!

“Christmas Star” Planetarium Show

Wednesday, November 29th 10:00 am

Lets start the holiday season with a fun new presentation by Ad Astra Mobile Planetarium! Ad Astra Mobile Planetarium provides astronomy and science education in the Wichita, Kansas area and beyond. Using a 6-meter inflatable dome and 4k digital projection system, they create an immersive environment that can display the night sky as it appears from any location on Earth at any time in history—or from any vantage point in the solar system! Through high-resolution visuals, narration, and music, the audience learns about constellations, planets, the structure of the universe, and more. At this show we will be learning about the Christmas Star:

The biblical book of Matthew talks of three Magi or "Wise Men" being led by a star to the new Messiah. What exactly was the "star" that they saw? We examine a number of theories in this astronomical celebration of the Christmas Season. This presentation will take place in the Park City council chambers at the Park City Administration Building 1941 E. 61st St N. Please call 744-1199 to sign up. When registering please note if you would need a ride from the senior center and if you are able to sit comfortably on the floor for the show (some chairs will be provided).

Improve Your Balance Workshop: Part II—Strengthen

Monday, November 13th 3:30 pm

Part two of the Improve Your Balance series with Yoga Wellness Educator Marianna Evans... strengthen! This session focuses on stabilizing and strengthening the legs and hips, the muscles we use for movement. Strong legs enable you to climb stairs, take long walks, get up and down off the floor, and dance! Using the chair for support, we'll explore the various muscles of movement that directly affect our balance. Some work is done seated, some will be done standing. Having attended Part I of the series is NOT required. Class is free to participants but please call 744-1199 to sign up!

Resources for Caregivers Seminar

Tuesday, November 21st 10:30 am

November is National Family Caregivers Month and is a time to recognize and honor caregivers in our community. Rhonda Custard, Sedgwick County Department of Aging and Disability Caregiver Coordinator, will be the center to provide information for caregivers on what resources (through the county & beyond) are available for them and their loved ones to help ease the caregiving experience.

StrongerMemory

Monday, November 27th 10:30 am

StrongerMemory is a new program developed to help improve brain health by completing simple reading, writing, and math exercises for 20-30 minutes a day and is designed for everyone. These exercises are shown to stimulate the part of the brain that helps retrieve memories and are effective, easy to use, and fun! This is an informative meeting to explain the program, distribute materials, and plan meetup sessions if desired but in general it is completed by the individual at home. The program is free—please call 744-1199 to sign up and learn more!

Friendship Meals/Meals on Wheels

A hot nutritious meal is offered Monday—Friday at 11:30 am from Aging Projects, Inc. Anyone 60 and over automatically qualifies for the meal program at the congregate site for a sug-

gested \$3 donation per meal. (Under 60 years \$6.75 per meal).

Reservations can be made by contacting the site manager at 316-744-0751. Meals on Wheels also availa-

ble for the homebound in Park City, Bel Aire, Kechi & Valley Center.

Reservations must be made by Wednesday the week before.

Volunteer Drivers



Needed! Call

316-744-0751 for more information

Aging Projects Inc.
19 Serving Days
3 Holidays

NOVEMBER 2023

This menu served in:
Butler, Harvey, Sedgwick Co.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C		1 Tuna Noodle Cass 8oz Peas & Carrots 4oz Apricots 4oz Garlic Breadstick Biscuit Milk 8oz	2 BBQ Chicken 3oz Combo Salad 1C Dressing Packet Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	3 Cheeseburger (3oz) (on) Whole Grain Bun Lettuce & Tomato / Mustard & Ketchup Potato Salad 4oz Cinnamon Apples 4oz Milk 8oz
6 Shepherd's Pie 8oz Mixed Vegetables 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	7 Whole Grain Chicken Tenders 4oz (2ea) Mashed Potatoes 4oz Cream Gravy 2oz Corn 4oz Ambrosia Fruit Salad 4oz Milk 8oz	8 Goulash 8oz Green Beans 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	9 Ham Salad 4oz (on) Whole Grain Bun Potato Soup 6oz Peaches 4oz Chef's Choice Birthday Cake Milk 8oz	10 
13 White Bean Chicken Chili 8oz Corn Relish Salad 4oz Apricots 4oz Crackers 2pks Milk 8oz	14 Fish Sticks 4oz (4ea) Tarter Sauce Mac & Cheese 4oz Cucumber & Tomato Salad 4oz Craisins 1/4c Milk 8oz	15 Swiss Steak 3oz Cream Peas & Potatoes 4oz Fruit Cocktail 4oz Wheat Roll w/ Margarine Milk 8oz	16 Roast Turkey 4oz w/ gravy Sweet Potatoes 4oz Cranberry Sauce 4oz Wheat Roll w/ Margarine Milk 8oz	17 Southwest Chicken Bake 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz
20 Poor Boy Stew 8oz Three Bean Salad 4oz Peaches 4oz Cornbread Muffin w/ Margarine Milk 8oz	21 Breaded Chicken Patty 3oz (on) Whole Grain Bun Cheese / Pickles / Mayo Baked Beans 4oz Tropical Fruit 4oz Milk 8oz	22 Cranberry Meatballs 4oz (4ea) Scalloped Potatoes 4oz Blushing Pears 4oz Wheat Roll w/ Margarine Milk 8oz	23 	24 CLOSED FOR HOLIDAY
27 Build-A-Breakfast Sandwich Egg Patty(1.5oz) Tky Sausage(1.5oz) Cheese, Whole Grain English Muffin Hashbrowns 4oz 100% Orange Juice 4oz Milk 8oz	28 Sloppy Joe 4oz (on) Whole Grain Bun Coleslaw w/ Carrots 4oz Pineapple 4oz Milk 8oz	29 Chicken & Rice Cass 8oz Green Beans 4oz Apricots 4oz Whole Grain Breadstick Milk 8oz	30 Pimento Cheese Spread 4oz (on) Whole Grain Bun Cream of Tomato Soup 6oz Tropical Fruit 4oz Milk 8oz	December 1 Tuna Pasta Salad 8oz Tomato Salad 4oz Applesauce 4oz Crackers 2pks Milk 8oz (All Cold)

Shop Around Fridays: The Spice Merchant!

First Friday of the month: Nov 1st 10:30 am
Please call 744-1199 to sign up! The ride is free but anything purchased is up to the participant.

Acrylic Painting for Seniors

Wednesdays beginning November 8th 9:00 am

Instructed by art teacher Margaret Waldorf. Class is open to all levels!
Call 744-1199 to sign up and get a list of supplies to bring. \$5 per person.

Important Information

- The senior center will be CLOSED Nov. 10th in observance of Veterans' Day and Nov. 23rd & 24th for the Thanksgiving Holiday.

Need a Ride?! The Park City Senior Center offers transportation through a volunteer transportation program and Lyft Concierge. Please call 316-744-1199 to schedule a ride with one of our programs. Rides must be scheduled at least 2 days in advance. *Volunteers needed!*



Happy Birthday to all the November Birthdays!

Your name is added if you have visited recently. If your information is incorrect please call 316-744-1199

Paulette Holzhauser
 Bill Gough
 Diana Nunley
 Daniel Fox
 Shirley Smith
 Judy Decker
 Karen Haughawout
 Marlene Otto

Sharon Funk
 Nancy Harms
 Diane Denning
 Jackie Shay
 Linda Galloway
 Sharon Booker
 Ron Jackson
 Dean Newcomer

Wanda Fox
 Joyce Nalley
 Linda Anderson
 John Goyette
 Jan Thomas
 Jill Stackley
 Belinda Kidd
 Mary Jo Lee
 Ann Phillips

James Mattivi
 Christina Chance
 Barbara Rios
 Kathy Campbell
 Harold Palmer
 Karen Supernaw
 Bonnie Yowell
 Debbie Stites
 Sue Spencer
 Patti Ryland
 Helen Silhan

Park City Senior Center

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